

Cooking with unsalted margarine

Everyone who is concerned about salt in their diets should try unsalted margarine. It's a terrific substitute for butter or regular margarine, and is now available in your supermarket's dairy case.

Dietary restrictions for salt consumption are more common among Blacks, who are twice as likely to develop high blood pressure as whites. A watchful eye for unnecessary salt used in snacking is one effective and

easy way to reduce the problem.

Split Pea Spread and Caponata are two nutritious and delicious spreads for fresh vegetables and pita bread. Use them as appetizers for company. Split Pea Spread is made with protein-rich dried peas. Lemon juice, unsalted margarine, garlic and cumin add flavor to this smooth mixture. Caponata is an eggplant spread with an Italian accent. In both recipes, the margarine distributes and blends the flavors together, while the spices add the zest.

and simmer until green pepper is tender, about 10 minutes. Return eggplant to skillet. Mix in vinegar, sugar, and pepper. Continue cooking 15 minutes, stirring frequently. Chill several hours or overnight before serving.
Makes 6 servings.

Sodium: 10 mg. per serving.

SPLIT PEA SPREAD

- 3/4 cup dried yellow split peas
- 3 cups water
- 1/2 cup sesame seed
- 1/4 cup lemon juice
- 1/4 cup unsalted margarine, melted
- 1 medium clove garlic, crushed
- 1/8 teaspoon ground cumin

In a large saucepan combine split peas and water; bring to a boil. Reduce heat to medium low and simmer, uncovered, about 1 hour, until liquid is absorbed by peas. Cool slightly.

In blender container or food processor combine sesame seed and lemon juice; process until fairly smooth, about 1 minute. Gradually add unsalted margarine, processing until mixture is smooth. Add cooked peas, garlic and cumin; process until smooth. Chill until ready to serve.

Makes 1 1/2 cups
Sodium: 5 mg. per tablespoon

CAPONATA

- 1 medium eggplant
- 6 tablespoons unsalted margarine
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1/2 cup diced green pepper
- 1/2 cup diced fresh tomatoes
- 1/4 cup water
- 1/4 cup red wine vinegar
- 1 teaspoon sugar
- 1/8 teaspoon pepper

Peel eggplant; cut into 3/4-inch cubes. Heat 5 tablespoons unsalted margarine in a large skillet over medium heat. Add eggplant and saute until it turns brown. Remove from skillet and set aside. Add remaining margarine to skillet; saute onion and garlic until golden. Stir in green pepper, tomatoes and water. Cover



Sodium from split pea spread and Caponata are two nourishing, delicious snacks.

Fiber important for proper diet

More and more people are becoming concerned about the fiber content in their diets these days, according to Marilyn Lunner, Clackamas County Extension agent. Fortunately, it's not difficult to determine whether your diet is high or low in fiber.

Diets that are low in fiber usually include many refined or highly processed foods that are high in sugar and fat, says Marilyn. Diets that are high in fiber include whole grain breads and cereals and a variety of fruits and vegetables including some that are raw.

If your diet is low in fiber and you want to increase it, Margaret Bakke, Oregon State University Extension nutrition specialist suggests the following.

Include fruits and vegetables that are high in fiber in the diet. Berries, pineapple, celery, green leafy vege-

tables, and vegetables and fruits that can be served with the skins are recommended.

Whole grain breads and cereal products are also high in fiber. Whole grain products can be used as extenders in meatloaf and casserole dishes. Some high fiber snacks are popcorn and raw fruits or vegetables.

"Remember that preparing food 'from scratch' gives you more control over the amount of fiber in your diet," Bakke says. "But, if you decide to use convenience foods, or 'fast foods' from restaurants, supplement them with fresh fruits and vegetables."

Increasing the fiber content isn't difficult, but it does take some time to consider your eating habits and plan some changes that will work for you, Bakke concludes.

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